

Instructor Course @ Gili Air



Instructor Course duration: 10 days, incl. one off-day. This course follows the AIDA curriculum and includes also the PADI Instructor Orientation. Successful candidates can get certified as AIDA Instructors **and** PADI Freediver Instructor.

Starting Dates: www.freediveflow.com or pre-book for 3+ candidates

If you suffer from a Blackout, LMC or Barotrauma during the IC you cannot finish the course.

This IC is run by **Oli Christen**, the author of the 2015 release of AIDA Education Materials.

Minimum Standards and Performance Requirements

- AIDA4 Advanced Freediver Certification
- Similar certifications from other agencies: Please allow **one or two day(s) of crossover evaluation before** enrolling to the IC (not included in the IC fee)
- First Aid Certification (EFR or equivalent) no older than 2 years
- To register as an AIDA Instructor you will then further need a valid dive insurance
- Bring your own equipment, including:
 - **Lanyard**
 - **Dive computer** with freedive mode
 - **Laptop or tablet** with all provided PDFs pre-loaded and the means to **take notes**. You should also be able to connect to a large TV via **HDMI** cable for your presentations.
 - **Action camera** (GoPro or similar) and the means to analyse footage. This IC includes an intense training how to **take and analyse video footage** of students.

Performance requirements:

- Theory evaluation: AIDA1-4 exams in 1.5h, pass-rate 90% (see folder in "AIDA-IC Freedive Flow"-Dropbox for according slide sets and manuals for your preparation)
- CWT 1 dive 40m-50m. Demonstration level technique.
- Slow CWT dive 30m >1:30min
- Patience rescue test from -15m
- Stamina test: 5 CWT dives to 20m with 1 min surface interval
- Rescue from 25m followed by recovery at surface and 50m tow
- STA min. 4 minutes
- DYN 75-100m. Demonstration level technique.
- DYN buddying & rescue

These requirements are evaluated in the according sessions (not as an entry evaluation).

Misc. Info

- Oxygen kit on the boat for every open water session. The **Oxygen kit** is for emergency only and **not for deco**.
- Inform your AIDA Instructor Trainer of any circumstances that might interfere with your performance, such as a **foreign language** background or dyslexia.
- Note that the ***breathe-up*** does not exist in **AIDA Education** anymore and has been replaced by the *relaxation phase*. Please read Chapter 3 in the new AIDA2 manual and start preparing your dives accordingly.
- To succeed in the IC you get **max. two attempts per skill** (e.g. “teaching in open water”). If you fail a skill twice, you cannot finish the IC.
- You need to present a **draft of your “Instructor Special Presentation”** on the first day of the IC.

Course Structure

9 Classroom Sessions

- Basics of education theory
- Learn the AIDA teaching system
- Learn how to present in classroom
- Marketing Basics and Pricing
- *2 Practical exams: Teaching in classroom (15min)*
- *2 Written AIDA Instructor Exams (1.5h each)*
- *1 Special Presentation plus Hand-out (see according PDF in “AIDA-IC Freedive Flow”-Dropbox)*

2 Pool Sessions

- Learn how to teach in the pool
- Large group management
- Video recording and analysis
- 1 STA session, *incl. 1 practical exam and STA 4-5min*
- 1 DYN session, *incl. 1 practical exam and DNF demonstration*

5 Open Water Sessions

- Learn how to teach in open water
- Group management
- *2 Teaching exams*
- *Demonstrations of VWT and CNF*
- *Examination of performance requirements*

Further examinations

- *“Warm-up & Stretching” examination*
- *“Relaxation exercise and breathing technique” examination*
- *Practical exam: Setting up dive site, ropes and knots*

Cultural Respect & Dress code for Gili Air

- It is considered rude to point with your feet. Use your hands.
- When giving or receiving something, use your right hand
- Remove your shoes when stepping on a veranda or entering a building
- When walking around the island and in villages wear a T-shirt.

- On Freedive Flow premises, on the boat and beaches are exceptions – boys can remove the shirt, and girls in bikini tops are ok.
- On the beach or on a dive boat, bikini and swimwear are accepted. Girls, please refrain from going topless or wearing very small and revealing bikinis or G-strings.

Teaching Fee & Certification

Teaching Fee: see freediveflow.com

The fee includes:

- all teaching materials as PDF
- pool & boat usage
- **PADI Instructor Orientation** (crossover course), 4 hours
- drinking water, coffee & tea
- lunch on course days
- weights
- **One week of free Freediving:** Prior to your AIDA Instructor Course you can join all our activities for your personal training.

The fee does not include

- Accommodation
- Certification (AIDA EUR50, PADI AUD150)

Contact:

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PADI Freediver Instructor Trainer

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